

# Report to Executive

Agenda  
Item:

**A.3**

Meeting Date: 30th September 2013  
Portfolio: Culture, Health, Leisure and Young People  
Key Decision: Yes: Recorded in the Notice Ref:KD  
Within Policy and Budget Framework YES  
Public / Private Public

Title: APPLICATION FOR HEALTY CITY DESIGNATION PHASE VI  
Report of: The Director of Community Engagement  
Report Number: CD 46/13

## Purpose / Summary:

The Executive is asked for their approval for Carlisle City Council to apply for World Health Organisation(WHO) Healthy City Designation (Phase VI).

The Council has held WHO Healthy City Designation since 2009 and needs to reapply as part of the next phase of the development of the programme. Being a 'Healthy City' is a process of building activities, policies, and awareness that gradually change people's behaviour, encouraging them to engage in a healthy lifestyle and also to create a healthy environment. All aspects of the City Council's work are part of this from Planning to Leisure policy. This phase will focus on reducing health inequalities which affect principally those in our most deprived communities.

The designation of Carlisle as a WHO Healthy City and the Council's promotion of this ethos as a core theme will also encourage visitors, business investment and raise the city's profile.

Council approval is a condition of the application procedure.

## Recommendations:

The Executive is requested to approve the Council application for Healthy City Status (Phase VI).

## Tracking

Executive:	<b>30 September 2013</b>
Overview and Scrutiny:	<b>N/A</b>
Council:	<b>N/A</b>

## 1. BACKGROUND

- 1.1** Carlisle achieved Healthy City Designation in 2009 under Phase V. This phase had 3 key themes - Caring and Supportive Environments, Healthy Living, and Healthy Urban Environment and Design. Healthy City designation has raised the issue of how we all contribute to making Carlisle a healthy place to live. For example, annually the Council run Healthy City week, coordinating activities throughout the City as well as hosting themed events to focus on key issues.

Under Phase VI the key themes are:

Phase VI goals and themes: overview			
Overarching Goals			
Tackling Health Inequalities Human rights and Gender		Promoting city leadership and participatory governance for health Whole of Government and whole of society approaches Health and health equity in all local policies City Health diplomacy	
Core Themes			
Life course approach and empowering people	Tackling public health priorities	Strengthening people-centred health systems and Public Health capacity	Community resilience
Highly Relevant priority issues			
Early life	Physical activity	Health and Social services	Community resilience
Older people	Nutrition and Obesity	Other wider city services	Healthy Settings
Vulnerability	Alcohol	Public Health Capacity	Healthy urban planning and design
Health Literacy		Tobacco	Healthy Transport
Mental Health and wellbeing		Climate Change	
Housing and regeneration			

The themes are based on proposals from the Marmot review and aimed at tackling Health Inequalities. Carlisle was selected as one of the 'spearhead' areas in England with the greatest health inequalities

## 2. PROPOSALS

- 2.1** Under the themes of Phase VI the focus will be to take forward programmes of work that tackle those health issues facing our most deprived communities. The benefits of

inclusion in the programme is not only practical through support, it is also reputational. Inclusion will also help the Council develop policies and partnerships which address key issues such as prosperity as part of Carlisle Plan, given that poverty and deprivation are key factors in health inequalities. Developing sports, arts and cultural facilities are also important part of creating resilient healthy communities, another key theme of Phase VI.

### **3. CONSULTATION**

**3.1** Consultation has taken place with and through the Carlisle Healthy City Steering Group.

### **4. CONCLUSION AND REASONS FOR RECOMMENDATIONS**

**4.1** Carlisle as a Healthy City is held as an example to other Districts and communities in Cumbria. This work is supported by the Health and Wellbeing Board as a model for work throughout the county. Changing lifestyles and attitudes to health takes time and is a journey. Healthy City designation is also supported by our key partners in Health and Social Care as a preventative approach to tackling challenges such as an Ageing population, obesity, and improving mental wellbeing. The Council's support for the programme will raise the City's profile and enhance its reputation as a good place to live and work.

### **5. CONTRIBUTION TO THE CARLISLE PLAN PRIORITIES**

**5.1** Healthy City designation will support the following aims of the Carlisle Plan:

- To promote Carlisle as a prosperous City, one in which we can all be proud.
- We will support the growth of more high quality and sustainable business and employment opportunities.
- We will develop vibrant sports, arts and cultural facilities, showcasing the City of Carlisle.

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**Appendices  
attached to report:**

**Note: in compliance with section 100d of the Local Government (Access to Information) Act 1985 the report has been prepared in part from the following papers:**

- **None**

## **CORPORATE IMPLICATIONS/RISKS:**

**Chief Executive's -**

**Community Engagement –**

Loss of Healthy City designation will lead to a lessening of the focus on Health Inequalities, a key issue for our most deprived communities. Encouraging healthy lifestyles both impacts on people's quality of life as well as potentially reducing demand on health and social care services, keeping those services sustainable; important for Carlisle's reputation and promotion as a place to invest in.

**Economic Development –**

**Governance –**

**Local Environment –**

**Resources -**